



## 2024 6 Levels Orlando Schedule

	<u>MIGHTY MITES</u>	<u>YOUTH</u>	<u>TEENS</u>	<u>ADULTS</u>
<b>MONDAY</b>	4:30-5:00 P.M.	5:00-5:55 P.M. (Full Gi)	6:00-6:55 P.M. (Full Gi)	9:00-10:00 A.M. 6:00-7:00 P.M.
<b>TUESDAY</b>		5:00-5:55 P.M. (Full Gi)	6:00-6:55 P.M. (Full Gi)	9:00-10:00 A.M. 6:00-7:00 P.M.
<b>WEDNESDAY</b>	4:30-5:00 P.M.	5:00-5:55 P.M. (Striking)		9:00-10:00 A.M. 6:00-7:00 P.M.
<b>THURSDAY</b>		5:00-5:55 P.M. (No Gi)	6:00-6:55 P.M. (No Gi)	9:00-10:00 A.M. 6:00-7:00 P.M.
<b>FRIDAY</b>				9:00-10:00 A.M.
<b>SATURDAY</b>		9:00-10:00 A.M. (Striking)		10:00-11:00 A.M. (MMA)

**\*Competition Team practices are Wednesday 6:00-7:30 P.M. & Saturdays 10:00-11:30 A.M.**



## **ATTIRE / HYGIENE**

For the safety and courtesy of our staff & students, we ask you maintain your gear clean and your Gi's and gym attire adequately laundered. Extra 6 Levels shirts are available for purchase at our front desk.

### **ADULT GRACIE JIU-JITSU**

**Full Gi Jiu-Jitsu classes** require an Official 6 Levels Orlando Gi top and a bottom plus your belt

**No Gi Jiu-Jitsu classes** require an Official 6 Levels Orlando gym shirt and either shorts or gi pants

**Striking/MMA classes** require boxing gloves, shin pads, headgear, mouthpiece and a gym t-shirt

### **YOUTH / TEENS GRACIE JIU-JITSU**

**Monday and Tuesday** require an Official 6 Levels Orlando Gi top and bottom, belt, and mouthpiece

**Wednesday** *All striking gear required:* headgear, shin pads, boxing gloves (12 oz), mouthpiece. Striking class dress code is an Official 6 Levels gym shirt, shorts or gi pants

**Thursday** No Gi classes require a mouthpiece, an Official 6 Levels gym shirt, shorts or gi pants

**Saturday** *All striking gear required:* headgear, shin pads, boxing gloves (12 oz), mouthpiece. Striking class dress code is an Official 6 Levels gym shirt, shorts or gi pants

**Required Striking Gear for Youth & Teens Classes: headgear, shin pads, boxing gloves (12 oz.), mouthpiece and a mouthpiece case can be ordered on Amazon & [www.titlemma.com](http://www.titlemma.com)**

### **CLASS BREAKDOWNS:**

Mighty Mites (MM) = Ages 3-5

Youth Jiu-Jitsu = Ages 6-9

Teens Jiu-Jitsu = Ages 10-14

Adult Gracie Jiu-Jitsu™ = 15 +

### **6 LEVELS ORLANDO GI PRICING:**

With a belt = \$165.00 (includes S&H and taxes)

Without a belt = \$150.00 (includes S&H and taxes)

Gi color choices are **WHITE** or **BLUE** or **BLACK**

### **CONTACT INFORMATION**

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**ALL BILLING INQUIRIES MUST BE E-MAILED TO: [billing@6levelsorlando.com](mailto:billing@6levelsorlando.com)**